

RICA School Menu

Breakfast
Mon - Fri 8:30 - 9:30am

Lunch
Mon - Fri 11:30 - 1:30pm

Dinner
Mon - Fri 5:00 - 6:00pm

Week 1



MyPlate Kids' Place



**GOOD
FOOD
is
GOOD
MOOD**

Monday, Oct. 21, 2024

Breakfast

Toasted Honey WW Bagel 1ea
Cream Cheese 1 ea
Boiled Egg 1 ea
Asst. Cereal 1 oz
100% Apple Juice 4 oz
Fruit Cocktail in Juice ½ cup
Choice of Milk 8 oz

Lunch

WG Cheese Pizza 1 ea
Or
Turkey Ham Sandwich 1 ea
+
Caesar Salad 1 cup
W/Caesar Dressing 2 oz
Cucumber & Ranch Salad 1 sv
Grape ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Tuesday, Oct. 22, 2024

Breakfast

WW Donut 1 ea
Greek Yogurt 4 oz
Asst. Cereal 1 oz
100% Fruit Punch 4 oz.
Apricot Halves ½ cup
Choice of Milk 8 oz

Lunch

Chicken Patty Sandwich 1 sv
(Meat 3 oz, WW Bun 1 ea)
Or
Turkey/Cheese Sandwich 1 ea
+
Lettuce, Onion, Tomato ½ cup
Seasoned Fries ½ cup
Ketchup 2 pks/Lite Mayo 1pk
Frozen Fruit Treat 4 oz
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Wed., Oct. 23, 2024

Breakfast

WW Toast 2 sl
Scrambled Egg/Cheese 2½ oz
Asst. Cereal 1 oz
100% Apple Cranberry 4 oz
Chilled Pears ½ cup
Choice of Milk 8 oz

Lunch

Steak Salad 1 sv
(Meat 3 oz, Salad 1 cup)
Assorted Dressing 2 oz
WW Homemade Bread 1 sl
Or
Turkey Ham Sandwich 1 ea
+
Cole slaw ½ cup
Fresh Pineapple ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Thursday, Oct. 24, 2024

Breakfast

WW Waffles 2 ea
Syrup 1 oz/Marg 1 t
Turkey Bacon 2 sl
Asst. Cereal 1 oz
100% Fruit Punch 4 oz
Fresh Banana 1 ea
Choice of Milk 8 oz

Lunch

Grilled Turkey Ham
Sandwich 1 sv
(Meat/Cheese 3 oz,
WW Bread 2 sl)
Or
Sb & J Sandwich 1 ea
Cheese Stick 1oz
+
Baked Potato Chips 1 Bag
Vegetable Soup 1 cup
Chilled Pears ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Friday, Oct. 25, 2024

Breakfast

Very Berry Smoothie 8 oz
Asst. Cereal 2 ea
100% Orange Juice 4 oz.
Peaches in Juice ½ cup
Choice of Milk 8 oz

Lunch

WW Spaghetti 1 cup
W/Meat Sauce or
Marinara ½ cup
WW Bread Stick 1 ea
Or
Turkey Sandwich 1 ea
+
Vegetable Blend ½ cup
Spinach Salad 1 cup
Asst. Dressing 2 oz
Orange Wedges 4 ea
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz